



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

116 123

SAMARITANS
IRELAND

BOOST YOUR MOOD WITH HEALTHY FOOD

Eating a healthy, balanced diet is proven to have a positive impact on how you feel.



Little things can make a big difference

yourmentalhealth.ie
[#littlethings](https://twitter.com/littlethings)